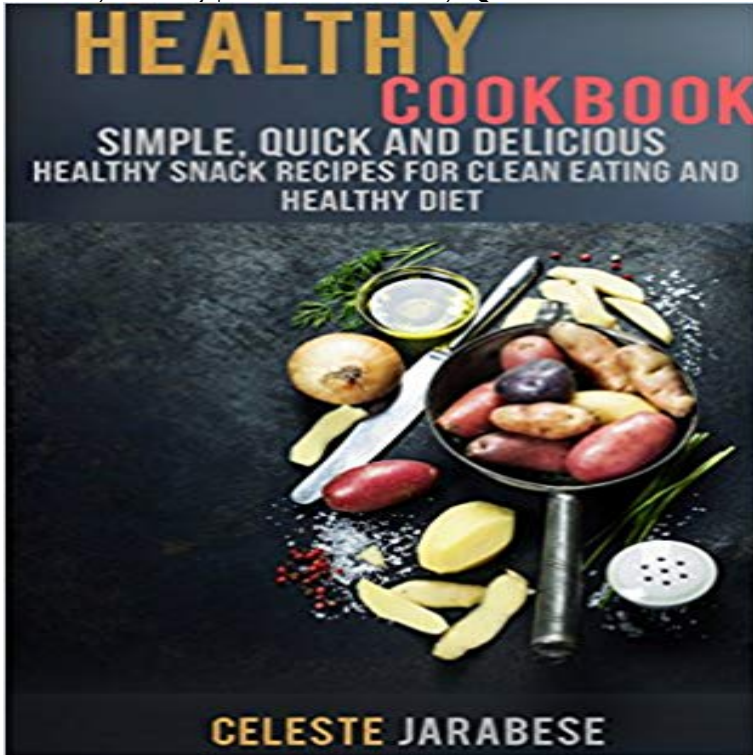


Healthy Cookbook: Simple, Quick and Delicious Premium Healthy Snack Recipes for Clean Eating and Healthy Diet (Healthy Snacks, Paleo Diet, Weight loss Diet, Quick and Easy Recipes)



50+ Quick Recipes for Cooking Healthy Snacks
Feeling that hunger but you do not want to spend a lot of time to cook? Would you rather cook something quickly than stand around waiting for the food to get ready? Sounds good, doesn't it? If you are looking for all the things mentioned above, let me tell you that we have you covered. Healthy Cookbook is the only book you will be needing when that hunger strikes. You don't have hours to cook some delicious, nutritious and healthy snack. We understand that that you are busy but health is also a priority for you. Overview: Are you in search for Healthy Snack Ideas? Well, this is the perfect book for you! This book is full of snack recipes that are easy to make and uses healthy ingredients. In this book, you will find snack recipes that consist of nutrient-dense ingredients like fresh fruits, vegetables, dairy products, cereals, seeds, and nuts to help you improve your snack choices at the same time consume healthy foods that promote wellness. This book offers a wide range of recipes like fresh vegetables with scrumptious dips, delicious and healthy cookies, different salad options, and amazing fresh fruit beverages. This compilation of recipes will guide you in making homemade snacks that are not only delicious but healthy as well. This is the book you need. Your one step solution to the above mentioned problems. Inside the book: Advice on what to buy and what not, Information on what qualifies as healthy and what not, 50+ Delicious and Healthy Recipes for You and Your Family, All recipes take less than 1 hour to cook. Amazing. Aint it. However we have more to offer here than you expected. Featured Recipes: Cucumber and Carrot Sticks in Ranch Dip, Garden Salad with Strawberry Vinaigrette, Homemade Garden Salad, Mangoes and Cherry Tomatoes Salad, Easy Egg and Tomato Salad, Beets, Cucumber and Tomatoes

Salad Easy Radish Cucumber and Herb Salad Homemade Kale Chips Carrots and Peas with Herb Sour Cream Yogurt Dip Vegetable Sticks with Spiced Yogurt Dip Marinated Balsamic Mozzarella Sticks And so much more***BONUS RECIPE***: Homemade Kale Chips Enjoy this crispy and healthy kale chips that is an ideal alternative for fat and salt laden potato chips. Preparation Time: 25 minutes Total Time: 45 minutes Yield: 4 servings Ingredients 2 lbs. kale, washed and dried 2 Tbsp. olive oil lemon pepper, to taste garlic powder, to taste Method 1. Preheat oven at 275 F. 2. Remove tough kale stems and cut leaves into 1 1/2 - inches. Set aside in a bowl. 3. Drizzle olive oil and sprinkle lemon pepper and garlic powder over kale. Toss to coat evenly. 4. Arrange kale in baking sheet, making sure there are no overlapping leaves. Bake in batches if needed. 5. Bake for 20 minutes turning the leaves halfway through until crispy. 6. Serve and enjoy. What are you waiting for? Buy this book now at a lower price of \$0.99 for limited time and have fun cooking! TAGS: Healthy cookbook, v for women, Healthy cookbook for men, Healthy cookbook for kids, Healthy cookbook for teens, Healthy cookbook for dummies, Healthy cookbook for beginners, Healthy cookbook for everyone, Healthy cookbook for children, Healthy cookbook, Healthy food recipes, Healthy Recipes cookbook, Healthy Recipes for Weightloss, Healthy recipes for kids, Quick and Easy Healthy cookbook, Quick and Easy Healthy recipes cookbook, Quick and Easy Healthy recipes for kids, Quick and Easy Healthy recipes for children, Quick and Easy Healthy recipes for teens, Quick and Easy Healthy recipes

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